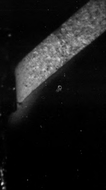

GOOD NEWS FOR HOMEMAKERS

By Shirley W. Walton
Extension Agent

Gold Facts on Freezing Meats

Since meat represents a sizable investment, it pays to protect it. These tips and timetables can help you get the most from the meats that you freeze.

Be sure your freezer maintains a temperature of 0° or less. (Check with a freezer or outdoor thermometer.) If freezer temperature is any higher, the meat's color, flavor, texture, and sometimes the nutritional value deteriorate faster.

Use only moisture-vapor proof wrappings such as freezer-weight foil, plastic bag, or plastic wrap. The film wrap that comes on meat you buy at the store "breathes" so it shouldn't be used for freezer storage longer than two weeks. For longer storage, overwrap in suitable freezer material.

You can leave fish or poultry purchased frozen in the original wrapping without any further overwrappings. Freeze no more than two to three pounds of food per cubic foot of freezer space within a 24-hour period.

Label all packages as to the contents, amount, and the packaging date or the expiration date (see chart).

Don't freeze cured meats such as bacon and ham for long periods. The salt used in curing promotes rancidity. Frankfurters and luncheon meats are not recommended for freezing, but can be frozen for not more than two weeks.

You can refreeze partially thawed meat that still has some ice crystals and is firm in the center. The quality of the meat may have suffered, however.

Food	Stg. Time [mths.]
Beef	
Ground, stew meat	3 to 4
Roasts, steaks	6 to 12
Fish	6 to 9
Lamb and veal	
Chops, roasts	6 to 9
Ground, stew meat	3 to 4
Pork, cured	
Bacon	1 or less
Ham	1 to 2
Pork, fresh	
Chops	3 to 4
Ground	1 to 2
Roasts	4 to 8
Sausage	1 to 2
Poultry	
Chicken, turkey	12
Duck, goose	6
Giblets	3
Variety meats	3 to 4

RECIPE OF THE WEEK
Date, Orange and Nut Loaf

2 cups flour
½ teaspoon salt
3 teaspoon baking powder
½ cup butter
1 cup sugar
2 eggs
1 teaspoon grated orange rind (can use more for flavor)
2 tablespoon lemon juice or orange juice
¾ cup milk
½ cup chopped pecans
½ cup chopped dates

Sift flour, salt and baking powder. Cream butter; add sugar gradually, creaming until smooth. Beat in an egg at a time. Add orange rind; add flour mixture alternately with lemon juice and milk, beginning and ending with flour and beating until smooth after each addition. Add chopped nuts and dates. Turn into a well buttered 9 x 4½ x 2½ inch loaf pan. Bake at 350° for 1 hour or until well browned. This recipe can be doubled for two loaves. It also freezes well. Yield: 12 servings.

Dr. Bob C. Davis

Guest Speaker For Youth Revival

Dr. Bob C. Davis, full-time evangelist, will be the guest speaker for the forthcoming Youth Sponsored Revival to be held at Evergreen Baptist Church on the nights of February 7, 8, and 9 beginning at 7:00 p.m.

With his wife, Norma, and his two daughters, Joy and Lori, Dr. Davis makes his home at Concord.

After graduation from Columbia Bible College, Columbia, South Carolina, and Southwestern Baptist Theological Seminary at Fort Worth, Texas, he received the degree of Doctor of Theology from the Luther Rice Seminary in Jacksonville, Florida.

In his fifteen years of pastoral experiences, Dr. Davis has conducted numerous revivals across the United States and in Jamaica and has served extensively in witnessing clinics.

The public is cordially invited to attend.

BLOODMOBILE
COMING SOON

SCA Meeting

In the SCA meeting we discussed some of the things we discussed in the Executive Meeting. We discussed the Sweetheart Dance. Admission will be 50c per student and 75c per couple. We are going to have 1 queen and 2 princesses. We made a motion to have the time from 7:30 to 11:00. Mr. Davis agreed on it.

We also discussed what we should wear at the dance. We elected a committee to discuss how the students should dress.

Then Willis Fleshman, president, talked about the SCA picking a lunch every month that the student body would like.

Then the meeting was closed.

Bill Vaughan, Reporter

Jordan News

Sunday School Sunday morning at 10 o'clock.

The Harps of Zion will present a program of Gospel Songs at the Jordan Baptist Church on Sunday, Feb. 2nd, at 7:p.m. The public is invited to attend.

On the February 15th there will be a special service held at 7:p.m.

A very large crowd attended our regular Sunday morning service last Sunday. Rev. Elliott preached a very dynamic message about "The New Birth."

We offer our deepest expression of sympathy to the family of Deacon Julian Hamlett.

For a heart-healthy diet, eat foods low in saturated fat and cholesterol. This means less beef and other meats and whole milk products, and more fish, poultry and fresh vegetables. Ask your local Heart Association for more information.

* * *

Walk, don't run. Exercise is good for all of us, but not necessarily the same exercise. See your doctor before starting any usually strenuous activity. He will tell you what kind of exercise program is right for you. Your local Heart Association can help, too.

BIRTHDAY LIST

Mrs. Ellen Belcher	Jan. 30
Mrs. Sarah May	Jan. 31
Chuck May	Feb. 6
Martha Paulette	February 3
Donald Harvey	February 5
Ronald Harvey	February 5
Bonnie Pankey	February 10
Laura Richardson	February 14
Becky Shorter	February 15
Dianne Burrell	February 16
Mary Edith Morris	February 13
Billy Conner	February 19
Bruce McFadden	February 12
Larry Whitehead	February 14
Ronnie Richardson	February 23
Sarah Hamlin	February 24
Steve Lawson	February 6
Pauline McFadden	February 5
Cecil Reynolds	February 15
Clarence Poole	February 21
John Spenry	February 25
Alice Moore	February 20
Anita Richardson	February 24
Cecil Jamerson	February 25
Ida Doss	February 27
William Henry Craft	Feb. 13

Virginia Cancer Chairman Named

Mrs. John N. Dalton of Radford will serve as chairman for the American Cancer Society's 1975 educational and fund-raising Crusade in Virginia.

Mrs. Dalton, wife of the Lt. Governor of Virginia, will lead over 70,000 volunteers throughout the state during April in efforts to raise a goal of $1,835,000. She commented, "When our American Cancer Society volunteers call on Virginia families and ask for their help, our Crusade has two goals. We want to raise money for continuing research into the causes and cure of cancer. Equally, we want to encourage each family to know the warning signs of cancer and to know how to help early. We also want every family to be aware that the means of diagnosis and cure advance each year."

She noted that the Crusade there in Virginia is "Fight Cancer . . . One Door at a Time" and urged that "When an American Cancer Society volunteer comes to your door – give as much as you can so that the time may come when we can each meet this disease with knowledge and without fear." She added, "As of now early detection is our great hope in the fight against this most feared and fearful of all diseases. We must encourage individuals and families not to be afraid and to seek the medical help which is now available."

Mrs. Dalton also pointed out that Mrs. Gerald Ford is Honorary National Chairman of the Society's 1975 Crusade. "Her courageous example of last fall will save the lives of many women, and the money we raise this year will help to save many more," she said.

A graduate of Radford College, Mrs. Dalton also attended Michigan State University and the University of Virginia. Her major community activity is her volunteer work in the Infant Hearing Screening Program at Radford Community Hospital.

One of Mrs. Dalton's first responsibilities as Division Crusade Chairman will be to speak at the luncheon session of the Crusade Leaders' Conference to be held in Richmond on January 29 for 150 Local Unit volunteers from the state. Her topic will be "One Family at a Time."

A memorial gift to the Heart Association in honor of a deceased friend or loved one shows that you remember and that you care in a special way.

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SATURDAY, FEBRUARY 8, 1975
2 P.M. ON THE PREMISES

Thirty-nine acre farm, more or less, sold by the boundary. Approximately 25 acres in open land seeded down in pasture with balance cut over. The entire farm is fenced-in with 2 live streams running through the property. There is also 2.2 acres of dark tobacco allotment that goes with this farm.

There is 800 feet of beautiful road frontage sloping to back and overlooking mountains in background. This could be cut up into 8 beautiful building lots.

The lines are flagged, but to assist you and answer any questions, we will be on the premises January 31 at 2:00 P.M.

Terms of sale: Cash- with 5 percent deposit required on day of sale.
For further information, contact: Ran Guthrie at

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Tel. 804-376-5200 Brookneal, Virginia 24528

BETTY DOUGLAS, HOME ECONOMIST from ...ville Electric Cooperative, is shown above as she demonstrates the newest techniques in bread making to ...ppomattox County homemakers on Monday afternoon.

VA News

The maximum interest rate on Veterans Administration GI home loans dropped from 9 per cent to 8.5 per cent effective January 21, 1975, it was announced recently by the Roanoke VA Regional Office.

The lower VA rate is the second reduction since last November 24, when the maximum was 9.5 per cent. The new 8.5 per cent rate also applies to FHA home loans.

The 8.5 per cent rate is the lowest since April 1974 when it was increased from 8.25 to 8.5 per cent. Interest was increased to 9 per cent last July, then to 9.5 per cent last August, and then was cut to 9 per cent effective Nov. 29, 1974.

The half per cent decrease would mean as much as $9.90 per month savings to the typical veteran home buyer, and, over the 30 year life of a $27,500 VA loan, the total saving could be as much as $3,535.

VA said the VA home loan market was greatly expanded under legislation approved by the President Dec. 31, 1974, when more than four million veterans whose GI home loans have been paid in full and the home disposed of became potentially eligible for new loans guaranteed by VA.

The legislation also increased the maximum VA loan guarantee amount from $12,500 to $17,500, authorized loans for the purchase of mobile home lots, increased the amount of mobile home loans and broadened eligibility possibilities for guaranteeing loans on one-family condominiums.

ACHS Learns About Teaching Profession

The January Career Assembly was held January 22, 1975 in the ACHS auditorium. The program emphasized the important qualifications and the preparations needed to be successful in a teaching career. Cindy Guill served as moderator for the panel, which consisted of Miss Androniki Fallis, Mrs. Hezetine Foster, Miss Mary Libby Tolly and Mr. R. B. Carter.

Miss Fallis, Director of Placement at Longwood College, emphasized the importance of high school preparation, available teacher training programs and the prospects for employment of teachers.

Mrs. Hezetine Foster, assistant principal at Appomattox Elementary School discussed special qualities needed and the college preparation for kindergarten and primary grades.

Miss Mary Libby Tolley, physical education teacher and coach at ACHS. Miss Tolley described the routine duties of a teacher and the special duties in P.E. and coaching. She also explained college subjects studied and associated with the teacher programs.

Mr. R. B. Carter, director of Vocational Education at ACHS, emphasized the importance of preparation for teaching and the special qualities needed. Also he described the job outlook in the teaching field.

This meeting was very successful and informative to the students at ACHS. The students are now familiar with a few of the requirements and responsibilities needed in planning and obtaining a successful teaching career.

Cindy Guill

Spiritual Singers To Be At Galilee Sunday

The Amature Spiritual Singers of Amherst, Virginia will render a musical program at the Galilee Baptist Church this Sunday evening at 6 p.m. All members and friends are cordially invited to come out. The group is noted for its ability to give an evening of spiritual enrichment. The program is sponsored by the deacon board of the church.

A large crowd attended the regular preaching service at the Promise Land Baptist Church last Sunday morning. The pastor delivered a special message from the theme: A challenge for 1975. The subject was 'Our reasonable service. The senior choir rendered beautiful music. Several visitors attended the service. Immediately following the morning worship the Holy Communion was served.

The regular evening service was well attended last Sunday at the Mount Shiloh Baptist Church the local Junior Choir rendered music. The pastor delivered the evening message from the theme "From Darkness to Light." All present enjoyed the message.

An overflow crowd of relatives and friends attended the funeral services for the late Rev. J. A. Carter last Monday evening at the Pleasant Valley Baptist Church at 4 p.m. The Rev. Haywood Robinson served as master of ceremony. Music was rendered by the senior choir of the church. Expressions were given by several ministers representing the Ministers Conference, the Board of Trustees of Virginia College and officers from some of his former churches. Over 20 minister served as honorary pallbearers. Dr. Rhoades, pastor of the church delivered the eulogy. Burial services were held in the family plot in the United Baptist Church, Gloucester County, Va.

The executive council of the Appomattox Assembly will meet next Wednesday at 7:30. All members are requested to be present.

The general public is cordially invited to worship at the Galilee Baptist church this Sunday morning at 11 a.m.

Mr. Bert Hancock of Philadelphia is spending some time here with his daughter, Mrs. Mary Lizzie Robinson.

* * *

Approximately 350,000 Americans die each year from heart attack before they get to the hospital. Know the warning signs of heart attack and what you should do - - - it could save your life. Ask your local Heart Association.

* * *

For an easy way to give up the excess fat in your diet and follow a healthier meal plan, **American Heart Association Cookbook** offers more than 400 low-fat low-cholesterol recipes. For more diet information, ask your local Heart Association.

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Homewall

...Love your enemies, do good to them who hate you. Luke 6:27

...Hugh Braford who underwent a heart operation at Richmond on Thursday, is doing fine. He is still in the intensive care unit. Mrs. Braford went down Wednesday night to be with him. She came home Friday.

Mrs. Jimmy Braford spent the week-end with her father Sunday.

Mrs. J. P. Alvis, Jr. spent the week end with her parents, Mr. and Mrs. Matthews of Va.

Mrs. Charles Judy and Angie, spent the week with Mr. J. D. Davidson.

Mr. and Mrs. Jimmie Horsley is about to move to Mrs. Tom Davidson and Mrs. Crawford Davidson have been sick for several times last week.

Mrs. Verna Herndon was here the week end and was a welcome visitor at Sunday.

A number came out to see the movie "Eighteen" at Sunday night.

Mrs. Tom Christian and son, spent the week with her brothers, Eugene and Carson. So nice to see them at Hebron Sunday

Mrs. Susie Krantz was sick the week end with sinus trouble.

Mrs. Ricky Shanks spent the week end with her daughter, Mrs. Sarah at Evergreen, Va.

Mrs. Will Harris is spending the day with his grandchildren, Elsie and Nina Cald...

...st Baptist

...Sunday preaching service ...held at the First Baptist ...church Sunday at 11:00 a.m. ...Music rendered by the ...and Senior Choirs. Rev. ...preached a wonderful ...which was enjoyed by ...were happy to have all ...to worship with us.

...services for the late ...A. Hamlet was held ...at 2:00 p.m. We the ...of the church regret ...and he'll be greatly ...in the church and the ...Our prayers goes ...his wife, Mrs. T. W. ...and family. May God ...of them.

County Line

Roy Lee Trent, of Appomattox, spent the week end with Keith Mann.

Mr. and Mrs. Richard Nash and Mr. and Mrs. David Carson visited Mr. and Mrs. Winifred Nash and Wendy and Mr. and Mrs. Ray Layne and Missy Sunday evening.

Mr. and Mrs. Nelson Mann and boys visited Mr. and Mrs. Frank Moore Sunday night.

Mr. and Mrs. Loyd Nash, Mr. and Mrs. George D. Nash and family, of Lynchburg and Mr. and Mrs. Thomas O'Gull of Richmond, were dinner guest Sunday of Mr. and Mrs. Elliott Nash and Dawn.

Mrs. Thomas O'Gull and Mrs. Elliott Nash and Dawn visited Mr. and Mrs. Maury Hosted and Mr. and Mrs. Jimmy Howard and family Sunday evening.

Mr. Milton Nash of Williamsburg, spent the week end with Mr. and Mrs. Henry Mann and Ryland. Mrs. Carroll Mann and son visited in this home Sunday afternoon.

Mrs. Henry Mann, Mrs. Fred Jones, Mrs. Nelson Mann, Mrs. Richard Nash, Mrs. Elliott Nash and Dawn Kerr, Mrs. Gordon Tucker, Mrs. Shelby Tucker and Mrs. Sally Jones, all from this community attend the shower for Donnie Jones and Dorothy Sadler at the home of Mr. and Mrs. Jimmy Ford Saturday night.

Dawn Kerr, Phillip Banton, Mike and Tony Mann, Renita Mullins, Timothy Mullins, Avery and Jason Knight attended a birthday party for Sheila Mullins, daughter of Mr. and Mrs. Robert Mullins of Red House, Saturday afternoon.

Mike Mann celebrated his fourth birthday last Tuesday.

Our sympathy goes out to the family of Mrs. B. N. Seiz, due to the death of her father, Mr. Rixey F. Gray, of St. Lenard, Md.

Mr. and Mrs. Donald Nash and family of Lynchburg, visited Mr. and Mrs. Clarence Jones and son Sunday afternoon.

Mr. and Mrs. Emery Mullins, Mr. and Mrs. Fred Jones and Mrs. Dean Pugh and Mrs. Audrey Hamilton visited recently in the home of Mr. and Mrs. Vernie Jones.

Mrs. Nelson Mann and boys and Mrs. Arthur Mullins, Andy and Renita visited Mrs. Elliott Nash and Dawn Monday afternoon.

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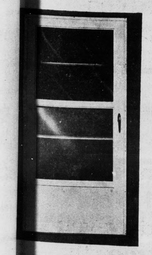

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